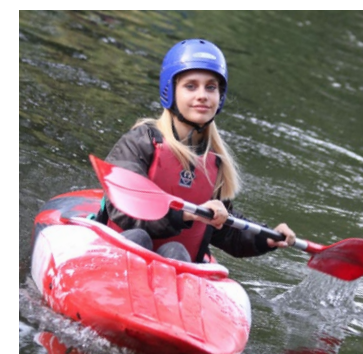




ENGLISH PLUS ADVENTURE ACTIVITIES

OAKHAM, UK



“This is the ideal course for adventure seekers and students who just love the great outdoors. There will be a range of co-operative and competitive activities to choose from such as watersports, climbing, cycling and orienteering”



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WHAT'S INCLUDED:



TUITION

Students will take part in 15 hours of English language lessons per week. Lessons are topic based and designed to be fun, energetic and informative. They enable students to use their English in real world situations and increase their confidence.



ADVENTURE

Students will take part in 9 hours per week of Adventure Activities. These sessions will be taught by specialist tutors or coaches and will enable those who take part to really develop skills and confidence in their particular area of interest.



ACTIVITIES

We offer a variety of onsite activities including sports, arts and crafts and team games. The school day will finish with an evening activity which will include discos, international nights and talent shows. Our activities provide opportunities for students to use the English they have learnt and make international friends.



EXCURSIONS

Full and half day excursions allow students to really get to know the UK. We use major destinations such as London, Cambridge and Peterborough as a classroom where students will find historic and cultural information through guided walking tours and visits to museums and other places of interest.



CERTIFICATE

Each student will have their English level tested upon arrival and will be placed in a class accordingly. Students will receive a portfolio to store their work in as well as a certificate to take home with them as a record of their course with us.

WEB: STUDYHOLIDAYS.COM | EMAIL: RESERVATIONS@STAFFORDHOUSE.COM | PHONE: +44 (0) 1227 787 730



OVERVIEW

This is the ideal course for adventure seekers and students who just love the great outdoors. There will be a range of co-operative and competitive activities to choose from such as watersports, climbing, cycling and orienteering.

COURSE STRUCTURE

The students will take part in adventurous activities and challenges, developing fundamental physical and teamwork skills, so that they become increasingly competent and confident in a way which supports their health and fitness. Students will also improve broader sports and social skills such as teamwork, strategy, physical agility, interpreting instructions and hand-eye coordination. The students will engage in competitive and co-operative physical activities in a range of challenging situations, both individually and with others, which builds character. By the end of the course students can expect to have improved their physical abilities and their ability to work as part of a team, as well as having lots of fun. The course is taught entirely in English, so students improve their language skills as they do the activities

Minimum 6 students required to run this course (each week)

ENGLISH , ACTIVITIES & EXCURSIONS

As well as a focus on their chosen Plus Course, students will be able to enjoy our classic programme of English lessons, activities and excursions. Each student will take part in specially designed English lessons which are fun, interactive and topic based. They will equip students with the confidence to take part in a full programme of activities and excursions. Our excursion programme includes one full-day and two half-day excursions per week to destinations of cultural and historic interest. Each day will end with an energetic evening activity which encourages students to socialise with their new international friends. Evening activities are varied and fun and may include discos, talent shows and international evenings.

COURSE INFORMATION

AGE RANGE: 12 - 17 (Individuals)		ENGLISH CLASS SIZE: Maximum 16	COURSE LENGTH: 1 - 4 weeks
CENTRE: Oakham School, Oakham, UK	CENTRE DATES: 5th Jul 2026 - 2nd Aug 2026	MIN LANGUAGE LEVEL: Beginner to Advanced	
ADVENTURE ABILITY: Beginner to Advanced		SESSIONS PER WEEK: 9 Hours	
ACCOMMODATION: Single, Twin or small dormitories with shared bathroom. Meals are included (breakfast, lunch and dinner)			



SAMPLE PROGRAMME

WEEK 1		MORNING		AFTERNOON		EVENING	
		09:00 - 12:30		14:00 - 18:00		19:30 - 22.00	
SUN	BREAKFAST	Arrival, Induction & Campus Tour				DINNER	Welcome Evening & Ice Breaker Activities
MON		Placement Test & Induction Lesson		Adventure Activities e.g. Forest Gaming			Welcome Disco or Drama based Games
TUES		English Lessons		Included Half Day Excursion: Stamford Walking Tour (no entrance included)			"Who wants to be a Millionaire?" Quiz Night
WEDS		English Lessons		Adventure Activities e.g. Climbing			International Night
THUR		English Lessons		Included Half Day Excursion: Rutland Water			Casino Night or English Conversation Club
FRI		English Lessons		Adventure Activities e.g. Guided Cycle Ride around Rutland Water			Beach Party Disco or Sports
SAT		Included Full Day Excursion: London Walking Tour					Chill Out Evening including Films
WEEK 2		MORNING		AFTERNOON		EVENING	
		09:00 - 12:30		14:00 - 18:00		19:30 - 22.00	
SUN	BREAKFAST	Onsite Activities e.g. British Sports Day, or Sightseeing in Oakham				DINNER	British Culture Evening
MON		Adventure Activities e.g. Water Sports		English Lessons			Fancy Dress Disco or Arts & Crafts e.g. Graffiti Design
TUES		Included Half Day Excursion: Wollaton Hall		English Lessons			Game show Night
WEDS		Adventure Activities e.g. Assault Course		English Lessons			"Oakham's Got Talent!" Talent Show
THUR		Included Half Day Excursion: Peterborough & Peterborough Cathedral		English Lessons			Murder Mystery Activity
FRI		Adventure Activities e.g. Bushcraft - Building Emergency Shelters		English Lessons			Masked Ball Disco or Sports
SAT		Included Full Day Excursion: Cambridge Walking Tour and Cambridge College					Chill Out Evening including Films
SUN		Departure					

This is a sample programme and all elements may be subject to change. Lessons may take place in the mornings or afternoons.